

# EarlyON Child and Family Centre in York Region

## King Centre

15 Old King Road, ON L0G 1N0  
Tel: 905-859-9941



## February 2023 Calendar

All King's main centre and mobile programs are on the Children's Services Portal in CYAN BLUE

No Programs on February 18<sup>th</sup> and 20<sup>th</sup> for Family Day

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>King Main Centre - 15 Old King Rd, Nobleton ON, L0G 1N0</b>					
<b>Family Stay &amp; Play</b> (0 to 6 years) 9:00 to 11:00 am	<b>Family Stay &amp; Play</b> (0 to 6 years) 9:00 to 11:00 am	<b>Family Stay &amp; Play</b> (0 to 6 years) 9:00 to 11:00 am	<b>Family Stay &amp; Play</b> (0 to 6 years) 9:00 to 11:00 am	<b>Family Stay &amp; Play</b> (0 to 6 years) 9:00 to 11:00 am	<b>Family Stay &amp; Play</b> (0 to 6 years) 9:00 to 11:00 am
<b>Sing &amp; Sign</b> (0 to 12 months) 1:30 to 3:00 pm <i>Pre-registration required</i>	<b>Baby Move &amp; Groove</b> (0 to 12 months) 1:30 to 3:00 pm	<b>Family Yoga</b> (2 to 6 years) 1:30 to 3:00 pm	<b>Creative Chefs</b> (2 to 6 years) 1:30 to 3:00 pm <i>Pre-registration required</i>		
		<b>Family Stay &amp; Play</b> (0 to 6 years) 5:30 to 7:30 pm			
<b>King Bible Church - 1555 King Rd, King City ON, L7B 1L4</b>					
		<b>Family Stay &amp; Play</b> (0 to 6 years) 9:00 to 11:00 am			
		<b>Family Fun Outdoors</b> (0 to 6 years) 1:30 to 3:00 pm			
<b>Nobleton Community Park - 15 Old King Rd, Nobleton ON, L0G 1N0</b>					
	<b>Family Fun Outdoors</b> (0 to 6 years) 9:00 to 11:00 am				
	<b>Fun in the Snow</b> (0 to 6 years) 1:30 to 3:00 pm				

Please note that programs and program times are subject to change.

\*This flyer is available in an alternative format\*

### EarlyON Child and Family Centres in York Region - Mobile Information

1-866-404-2077 Ext. 217 (Aurora Centre)  
1-866-404-2077 Ext. 215 (Woodbridge Centre)  
[Early.ON@socialenterprise.ca](mailto:Early.ON@socialenterprise.ca) | [york.ca/EarlyON](http://york.ca/EarlyON)



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### PROGRAM DESCRIPTIONS

**Baby Move & Groove** (0 to 12 months):  
This program provides an opportunity for parents, caregivers and their babies to engage in active play that supports the development of gross motor skills while having fun. Through a variety of activities together we will stretch, bend and move to music to support healthy living while celebrating developmental milestones.

**Creative Chefs** (2 to 6 years):  
This program invites parents, caregivers and children to participate in fun and interactive early learning experiences while preparing healthy and nutritious food. Resources on healthy eating and nutrition will be made available for families.

**Family Fun Outdoors** (0 to 6 years):  
This program provides the opportunity to visit local parks and outdoor spaces. Parents, caregivers, and children can come and enjoy some fun and interactive outdoor physical activities. Studies show that children who play outdoors are happier and healthier.


**Family Stay & Play** (0 to 6 years):  
Parents, caregivers, and children are welcome to engage in a variety of fun early learning experiences that build positive relationships. A selection of materials will be available for you to play and learn together while providing parents and caregivers with an opportunity to connect with others.

**Family Yoga** (2 to 6 years):  
Yoga promotes a sense of well-being in the mind and body through movements that encourage balance, coordination, good posture, and body awareness. Parents/caregivers will also model how to channel their emotions through the practice of deep breathing and relaxation exercises. Wear comfortable clothing.

**Fun in the Snow** (0 to 6 years):  
This program welcomes parents, caregivers, and children outside to explore what winter has to offer. Participate in various winter activities such as going on a nature walk, digging and building in the snow, and circle time. Please dress appropriately in winter clothing as the program is completely outdoors.

**Sing & Sign** (0 to 12 months):  
This program is an introduction to American Sign Language for hearing infants. The session uses songs and games as a tool to include signing in everyday routines. It is an opportunity to bond with your baby and support language development as well as the attachment.

### PARENTING WORKSHOPS

 **Triple P:** Family Transition – January 12 to February 9, 5 Session program. Family Transitions is a scientifically researched family support strategy designed to help divorced or separated parents improve their parenting skills and build positive relationships with their children.

**Parenting Programs:** February 16<sup>th</sup> – The Important of Risky Play February 23<sup>rd</sup> – E.R.I.K.

**Fear Less- On-going:** Fear-Less Triple Parenting was developed to help anxious children and their parents. Everyone experiences anxiety, stress and worry from time to time. However, for some, anxiety, stress and worry can overwhelm day to day lives. This Fear-Less series offers parents support with:

- Learning what anxiety is and how it develops?
- Develop strategies to encourage children to express, tolerate and manage their upsetting emotions.
- Create a step by step coping plan

**(registration required)**

**The above programs are being offered at the Woodbridge Main Site.**

**In partnership with the Aurora Public Library,** on the third Thursday of every month **Baby Café** program meets at the Lebovic Room in the library. **Register on Evenbrite for the February 16<sup>th</sup> session**

### VIRTUAL PROGRAMS – Pre-Registration Required

Monday	Tuesday	Wednesday	Thursday	Friday
● Playful Math 2:30 – 3:15 pm	● Songs Rhymes & Stories 10:00–10:45 am	● Songs, Rhymes & Stories 10:00–10:45 am	● Mandarin Songs, Rhymes & Stories 11:00–11:45 am	
		● Songs, Rhymes & Stories 2:30–3:15 pm	● Little Artist 1:30–2:15 pm	
			● Urdu Songs, Rhymes & Stories 2:30 – 3:15 pm	

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